

## Anatomy & Physiology: Muscles—Teres Major.

### STRUCTURE.

- Origin: inferior angle of scapula.
- Insertion: medial lip of intertubercular sulcus of humerus.

### FUNCTION.

- Concentric action: shoulder internal/medial rotation, adduction, and extension.
- Reverse mover action: upward rotation of the scapula. Downward tilt of scapula.
- Eccentric action: shoulder external rotation, abduction, and flexion.  
Controls/restrains/slows downward rotation and upward tilt of scapula.
- Isometric action: stabilization of the shoulder girdle and scapula.
- Innervation: lower subscapular nerve.
- Arterial supply: circumflex scapular artery (branch of subscapular artery); thoracodorsal artery (continuation of subscapular artery).

### CLINICAL SIGNIFICANCE.

## References

Biel, A. (2015). *Trail guide to the body: A hands-on guide to locating muscles, bones and more.*

Cedars-Sinai. (2018). Vertebrae of the spine. Retrieved from <https://www.cedars-sinai.org/health-library/diseases-and-conditions/v/vertebrae-of-the-spine.html>

Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2014). *NASM essentials of corrective exercise training.* Burlington, MA: Jones & Bartlett Learning.

Jenkins, G., & Tortora, G. J. (2012). *Anatomy and Physiology: From Science to Life, 3rd Edition International Stu.* John Wiley & Sons.

Muscolino, J. E. (2017). *The muscular system manual: The skeletal muscles of the human body.*